Celebrity Buzz Jessica Biel climbs solo





How to help

pq 17

The following is a list of reputable aid organizations currently seeking cash donations for relief efforts in earthquake-ravaged Haiti.

- Canadian Red Cross: www.redcross.ca/helpnow, or call toll free 1-800-418-1111, visit any Red Cross office.
- Humanitarian Coalition (consists of CARE Canada, Oxfam Canada, Oxfam-Quebec and Save the Children Canada): www.thehumanitariancoalition.ca.
- Plan Canada: www.plan-canada.ca
- Unicef Canada: www. unicef.ca/portal/SmartDefault.aspx
- United Jewish Appeal of Greater Toronto: www. ujadonations.com/haiti or call 416-631-5705.
- World Vision Canada: www.worldvision.ca/givea-gift/Pages/Earthquakein-Haiti.aspx

THE CANADIAN PRESS



Injured people sit along a Delmas road yesterday, the day after an earthquake struck Port-au-Prince, Haiti. A 7.0-magnitude earthquake hit Haiti Tuesday. More coverage, pages 3, 4, 5 & 6

Haiti in 'chaos'

Loved ones watching, worrying and waiting for contact

TRACEY TONG tracey.tong@metronews.ca

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News on the Maye

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Marie Ephese Jean stayed home from work yesterday.

A native of Haiti, the Orleans resident waited for word from friends and family, yet she was terrified of what she might hear.

"I stayed home because I cannot get in touch with my family," she said. "I don't know what has happened."

Upon hearing of the earthquake Tuesday, Jean was devastated.

"The biggest church near the presidential palace fell, and I cried," she said. "In some places, there is nothing left"

Born in Port-au-Prince, Jean left Haiti for Canada in



Orleans resident Melissa Balthazar is helping to raise funds for disaster relief through the Red Cross.

2005

She's heard that her extended family in Delmas is OK, but cannot speak to them. Her friends also survived, she said.

She heard that a house that she used to live in was

completely destroyed.

"It's so sad, such a shock," said Orleans resident Tatiana Fleurima, who also has family and friends in Haiti.

"We haven't really had any communication," she said. "We can't get through. It's chaos."

Ottawa has a strong Haitian community, said Fleurima, one that will get behind this cause

Orleans resident Melissa Balthazar is also helping. A teacher at L'Odyssée elementary school, Balthazar and her cousin, Tatiana Amisial, will be placing Red Cross collection cans at Gabriel Pizza locations throughout Orleans as well as other businesses.

as other businesses.
"I am doing this because I am Canadian and of Haitian descent," she said. "I have family in Haiti and don't know if they are in the rubble because I can't establish contact.

"Haiti is a country that has suffered so much," she said. "It's so unfortunate that yet again, they have to endure such pain."

'Thousands' feared dead in aftermath

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Haiti Crisis

HORROR Haitians piled bodies along the devastated streets of their capital yesterday after a powerful earthquake flattened the president's palace, the cathedral, hospitals, schools, the main prison and whole neighbourhoods. Officials feared thousands — perhaps more than 100,000 — may have perished, but there was no firm count.

Death was everywhere in Port-au-Prince. Bodies of tiny children were piled next to schools. Corpses of women lay on the street with stunned expressions frozen on their faces as flies began to gather. Bodies of men were covered with plastic tarps or cotton sheets.

President Rene Preval said he believes thousands were killed in Tuesday afternoon's magnitude-7.0 quake, and the scope of the destruction prompted other officials to give even higher estimates. Leading Sen. Youri Latortue told The Associated Press 500,000 could be dead, although he acknowledged that nobody really knows.

"Parliament has col-

"Parliament has collapsed. The tax office has collapsed. Schools have collapsed. Hospitals have collapsed." Preval told the Miami Herald. "There are a lot of schools that have a lot of dead people in them."

Even the main prison in the capital fell down, "and there are reports of escaped inmates," UN humanitarian spokeswoman Elisabeth Byrs said in Geneva.

The parking lot of the Hotel Villa Creole was a triage centre. People sat with injuries and growing infections by the side of rubble-strewn roads, hoping that doctors and aid would come.

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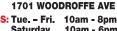
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Local



Diefenbunker gets \$1.6M for reno

Three levels of government announced an investment to bring the Diefenbunker, Canada's Cold War Museum, up to the City of Ottawa's building code yesterday. The Infrastructure Stimulus Grant provides \$1.6 million for building renovations and will also create jobs. Pictured at left is the museum's executive director Alexandra Badzak flanked by MP Gordon O'Connor, left, and MPP Jim Watson. The funding also supports an important landmark.

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

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Mayor upbeat on Ottawa's future in city address

SPEECH The next decade is going to be good for Ottawa, insists an optimistic Mayor Larry O'Brien as he delivered the first state of city address of the new decade.

"I have never felt more optimistic about our long-term future as I do standing here today," he said.

O'Brien touted the new Ottawa Conference Centre and the Rideau Canal as growing attractions for the city's tourism industry.

The new rapid transit network, which took a big step forward yesterday, will offer a long-term solution and allow the system to grow for decades to come, said O'Brien. He said the city is also on course to fixing the pollution problem in the Ottawa River.

O'Brien also stated he was optimistic that construction on the Plasco facility will begin by this fall.

TIM WIECLAWSKI/METRO OTTAWA



What's online today.

Video An emotional Gov. Gen. Michaëlle Jean's

message to her Haitian "brothers and sisters" at metronews.ca/ canada

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Council OK's transit functional design

Approval moves plan on to 'next set of decisions' in \$2.1B rapid network

TIM WIECLAWSKI tim.wieclawski@metronews.ca

Approving the functional design of the first phase of the new rapid transit network is an important step, but the city is still far from being on the hook for the \$2.1-billion plan.

"There's still a long way to go," deputy city manager for infrastructure services Nancy Schepers told councillors before they voted on the plan yesterday. "Today is about approving the functional design to get to the next step ... you are setting the stage to move forward with the next set of decisions."

That would be a sixmonth environmental assessment on the 3.2-kilometre downtown tunnel, which is expected to begin in February.

Four councillors voted against the project. Capital Ward Coun. Clive Doucet

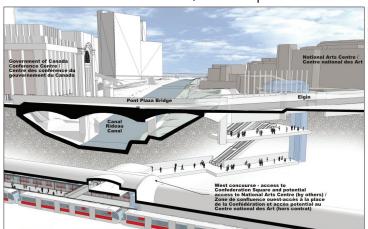
Funding

• The province has already committed \$600 million to the project. Deputy city manager for infrastructure services Nancy Schepers said all indications are the federal government would at least match that amount sometime in the next few weeks.

said the high cost of the tunnel would starve the rest of the system for years to come. He said the city should be looking for a surface rail option through downtown.

However, Mayor Larry O'Brien insisted this is the best long-term decision for the city. O'Brien said he is certain the plan would survive if rapid transit becomes an election issue.

"When you know you're on the right track, it can face the challenges of an election," said O'Brien.



The City of Ottawa released a rendering of what the Rideau Station could look like when the downtown transit tunnel is complete. The station would run under the canal between the National Arts Centre and the Rideau Centre. The functional design was approved yesterday by council. The next stage is a six-month environmental assessment of the proposed downtown tunnel.

Canada's bilingualism advantage for aid: Prof

Haiti Crisis

DISASTER As a country where French is one of the official languages, Canada has an advantage over other countries in providing post-disaster aid to Haiti, said one of the world's leading experts in natural disasters and organizational response.

"Our personnel can operate using the language of the people, which is a real asset," Joe Scanlon, a professor emeritus at Carleton University who has published more than 200 articles in his 40 years of disaster research, said yesterday. In helping other countries, "Canada does pretty

Richter scale

• The earthquake in Haiti Tuesday registered at 7 with aftershocks of 5 and 5.3.

well as a whole," Scanlon said.

The earthquake in Haiti was a "moderate to intense earthquake," said Brian Cousens, associate professor with the department of earth sciences at Carleton.

Since the earthquake was so severe, it may have not only caused damage to buildings, but to water and gas mains, telephone equipment, roadways and railroads, he said. "It can take decades to repair the damage," Cousens said.

TRACEY TONG/METRO OTTAWA

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News in brief

ELECTION The mayor's race now has four candidates. Gordon Skinner joined the race earlier this week. Alexander Aronec joined the council race for West Carleton-March Ward and Robin Lawrance is running in Gloucester-Southoate.

SKATEWAY OPEN The 40th sea-

son for the Rideau Canal Skateway begins today. The National Capital Commission is opening a 4.3-kilometre stretch of the skateway between the National Arts Centre and the Bank Street Bridge. An ice safety committee will inspect the ice conditions on the skateway. METRO OTTAWA

Jean thanks Canadians for helping Haiti

4

Haitian-born Gov. Gen. Michaëlle Jean offered an emotional thank-you to Canada yesterday for moving so quickly to help her earthquake-ravaged homeland. THE CANADIAN PRESS

Canada



Radio host Yvon Chery keeps Montreal's large Haitian community informed about the earthquake as daily host at CPAM, the Haitian community radio station in Montreal yesterday.

Canada mobilizes to help devastated Haiti

Search and rescue a priority for aid teams

Haiti Crisis

Canada is rushing to ease the chaos in earthquake-battered Haiti, sending helicopters, ships and a disaster response team to rescue those buried in the rubble and help thousands of homeless wandering without food, water or medical help.

But the sheer magnitude of the devastation from Tuesday's 7.0 magnitude quake — which wiped out much of the impoverished country's communications infrastructure — left the exact nature and extent of Canada's role vague until a clearer picture emerges of what's needed most.

The lack of communications also frustrated efforts to determine the fate of up to 6,000 Canadians living in Haiti, including two missing RCMP officers and former Liberal MP Serge Marcil.

The only known Canadian casualty was a nurse

Ties between Canada and Haiti

Canada has one of the world's largest Haitian diasporas. Some facts about the Haitian-Canadian community:

- 102,430 people in Canada listed their ethnic origin as
- Haitian in the 2006 census.

 Almost 90 per cent of Haitian-Canadians or 91,435 live in Quebec.
- Prominent Haitian-Canadi-

from Elmira, Ont., who died in a building collapse.

Prime Minister Stephen Harper said search and rescue is the first priority for Canadian military and aid teams.

"Obviously, the first priority is to try and get those people who may be still alive and can be saved," he said

Canada is committing an immediate \$5 million in humanitarian assistance and promises speedy deployment of aid. A C-130 military transport plane arrived in Haiti yesterday with a reconnaissance team that will

Michaëlle Jean; current world light-heavyweight boxing champion Jean Pascal; Olympic gold-medal sprinter Bruny Surin; hockey player Georges Laraque, NBA basketball player Samuel Dalembert; Canada's first elected black mayor, Firmin Monestime of Mattawa, Ont.

ans include:

assess what military personnel and equipment is needed.

A huge C-17 military transport plane is scheduled to fly to Haiti today carrying a utility helicopter and tons of equipment and personnel. THE CANADIAN PRESS

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With phone service cut off, social media provided a critical link to Haiti in quake's aftermath. Scan this code for the full story.



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Obesity has become a national crisis: Expert

SURVEY Canadians of all ages have become substantially fatter and less fit over the last two decades, the first comprehensive attempt to measure the fitness of the nation since 1981 has revealed.

The Canadian Health

Measures Survey found that nearly two-thirds of adults are overweight or obese and a quarter of children share that boat with them.

A prominent Canadian obesity researcher said the figures point to a country in crisis.

"Well, if you look at those numbers I'd be very surprised to see what actually qualifies as a national crisis if this does not," said Dr. Arya Sharma, chair of obesity studies at the University of Alberta.

THE CANADIAN PRESS

Monsignor Joseph Serge Miot, the archbishop of Port-au-Prince, has been killed in the Haiti earthquake. He was 63. THE ASSOCIATED PRESS

World



Traffic crashes Wyclef's quake relief site

Musician Wyclef Jean is one of Haiti's most famous sons and his tweeting about the earthquake there has been a galvanizing force on the web. Several of the most popular topics on Twitter referred to a tweet from the singer urging people to send a text to the charity, Yele, to donate toward relief. The number is 501501. Hundreds were passing his message on by the minute. The Yele website was inundated with donations and crashed under the traffic. THE ASSOCIATED PRESS

International community steps up

Haiti Crisis

Sniffer dogs, high-energy biscuits and tons of emergency medical aid were heading to Haiti yesterday as world governments and aid groups launched a massive relief effort for the estimated three million people reeling from a devastating earthquake.

Aid officials in the impoverished Caribbean nation worked to clear rubble from roads, build makeshift hospitals and remove bodies from the rubble despite transportation problems and broken phone lines.

Wintry weather in Europe added to the challenge, with snow temporarily delaying a British aid flight with 64 firefighters



A young earthquake survivor is given first aid on the outskirts of Port au Prince, Haiti, yesterday.

and rescue dogs at Gatwick

airport.
"We'll be using whatever roads are passable to get aid to Port-au-Prince, and if possible we'll bring helicopters in," said Emilia Casella, a spokeswoman for the UN food agency. Its 200 staff in Haiti were trying to deliver high-energy biscuits and other supplies, despite lootVisit **metronews.ca**for the latest
developments in Haiti

ing and the threat of violence in a nation long plagued by lawlessness.

Humanitarian officials said the proximity of the quake's epicentre, only 15 kilometres from Port-au-Prince's sprawling slums and hilltop villas, as well as Haiti's crumbling infrastructure, meant it was difficult to estimate how many people might be dead or injured. The World Health Organization said it has sent specialists to help clear the city of corpses and prevent the spread of disease, and the Red Cross was sending a plane loaded mainly with body THE ASSOCIATED PRESS bags.

The latest chapter in a sad history

HAITI When it comes to natural disasters. Haiti seems to have a bull's-eve on it. That's because of a killer combination of geography, poverty, slipshod building standards and bad luck. The catastrophes are mindnumbing: This week's devastating earthquake. Four tropical storms that killed about 800 people in 2008. Killer storms in 2005 and 2004. Floods in 2007, 2006, 2003 (twice) and 2002. This is the 15th disaster since 2001 in which the U.S. has sent money and help to Haiti.

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world

Clinton cuts trip short over Haitian tragedy

U.S. Secretary of State Hillary Rodham Clinton says she is cutting short an extended trip to the Asia-Pacific to deal with the earthquake crisis in Haiti. THE ASSOCIATED PRESS

News in brief

TV Television news crews raced to Haiti to report on the earth-quake — a difficult journey in itself. The control tower at the capital's airport was damaged, preventing a Fox News reporter from landing and CNN's Anderson Cooper's helicopter narrowly missed a small plane in mid air.

THE ASSOCIATED PRESS

UN mission chief among missing in Haiti

The United Nations said yesterday that 16 UN personnel were killed when an earthquake decimated Haiti's capital and 100 to 150 workers were still unaccounted for, including the mission chief.

UN officials said 56 oth-

"The number of (UN) fatalities at the end of the day will be much higher."

UN peacekeeping chief Alain Le Roy

ers were injured. Seven who were seriously hurt were evacuated from the country, they said. Secretary-General Ban Ki-moon announced late yesterday that 11 Brazilian peacekeepers and five international police officers were killed in the quake. Earlier, UN peacekeeping chief Alain Le Roy said a Haitian civilian working for the UN peacekeeping mission in the country also died

"The figure we are giving to you is only the confirmed fatalities," Le Roy said. "But of course, the number of (UN) fatalities at the end will be much higher — it's obvious."

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world 7

Crucial battle looms for U.S.

Offensive planned in Afghanistan

The U.S. military is openly telegraphing a plan to clear out an insurgent haven in what may be the first major battle since President Barack Obama's expansion of the Afghanistan war, hoping that all but the most hardcore Taliban will sit out the fight.

U.S. military leaders have spoken bluntly in recent weeks about a looming assault on Marjah, a town in the southwest Afghan province of Helmand described as Taliban-owned and operated.

"It's been increasingly clear for weeks now about the need to clear out Marjah, so that's going to happen," Joint Chiefs of Staff chairman Adm. Mike Mullen told reporters travelling with him in Afghanistan in December.

"It's going to happen ... at a time and place of our choosing, but it's going to happen."

happen."

The battle would be a

Strategic target

• Marjah, a small town in a farming district some 610 kilometres southwest of Kabul, is a strategic target because it is a key supply hub for the opium poppy crop and shelters Taliban units thought to have fled the Marines elsewhere in Helmand.

keystone in an offensive planned for early this year against a resurgent Taliban-led insurgency. The Obama administration approved the offensive, and an infusion of 30,000 additional U.S. forces, as a way to put the brakes on the Taliban's expansion across southern Afghanistan.

U.S. officials say there is only a narrow path to victory, but that a forceful stand in Helmand and Kandahar provinces will establish U.S. resolve to stick it out. Both sides are girding for a fight.

THE ASSOCIATED PRESS

Israel apologizes to Turkey over insult to ambassador

TENSION Israel yesterday caved in to demands from Turkey and apologized over an insult to its ambassador, a government statement said, an attempt to defuse the latest crisis between the two nations.

On Monday, Israel's deputy foreign minister, Danny Ayalon, summoned the Turkish ambassador to complain about a TV "We have received the answer that we had been waiting for." Turkish PM Recep Tayyip Erdogan

show.
The ambassador was forced to sit on a low sofa without a handshake, while Ayalon explained to local TV stations that the humiliation was intentional

Outraged, Turkey threat-

ened to recall the ambassador.

Late yesterday, Israeli Prime Minister Benjamin Netanyahu's office said a letter of apology has been written, and the premier "hopes this will end the affair"

Israeli officials said the letter was delivered to Turkish officials in Ankara.

Erdogan Turkish
Prime Minister Recep
Tayyip Erdogan accepted the apology.

"We have received the answer that we had been waiting for," he said.

The text of letter to the ambassador was released later yesterday by Ayalon's office.

THE ASSOCIATED PRESS

News in brief

RUSSIAN ROULETTE A man charged in the shooting death of a friend during a night of drug-fuelled sex play and Russian roulette has been convicted of manslaughter in a U.S. court. Defendant Bruce Lavallee-Davidson, a 50-year-old Maine farmer, told police

the shooting of Fred Wilson in April 2009 was an accident. But jurors convicted him yesterday, agreeing with prosecutors that the actions were reckless or negligent. Manslaughter carries a penalty of up 30 years in prison.

THE ASSOCIATED PRESS



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Comment & Views

Comment

Sometimes friends just fade away



ne of the best things about being a bona fide grown-up

is the ability to choose our friends. In high school, friendship tended to be a situational thing. If you were into sports, you played field hockey and generally stuck with the jocks. If you were a burnout, you'd hang out with other kids who wore Pink Floyd T-shirts and bummed cigarettes off each other by the bus shelter. If you were bookish and unpopular, you joined the student newspaper to meet like-minded nerds, played trumpet in the school band and whittled away many a lunch hour reading plays in the library (slowly raises hand). In high school, the

people pool was so small that our friends were essentially selected for us.

University changed things. Suddenly, nerds were cool, up was down and the playing field was level and there were thousands of diverse and interesting people happily willing to be your friend. Some of them had even heard of Pavement!

Adulthood broadens the friendship base even more. You meet people at work, at social events and through other friends.

to maintain a friendship, and once you reach a satisfactory level of friendship saturation, it's time to stop watering the weeds.

There are two ways to end a friendship. There's the ever-popular "friend-ship fade" where you just drift apart and lose touch, sometimes for no particular reason. Some friendships just reach their logical conclusion. You're hanging out with different people. You don't have anything in common anymore.

Your priorities have shifted. Often, both friends realize this simultaneously and slacken the rope.

There is also the "friend divorce" — a far more dramatic end to a friendship. The end can come in an argument, a vicious phone call or a curt email, quick and violent. I have had two messy friend divorces in my lifetime. After the guilt faded, I felt freer and happier and was better able to focus on the friendships that I most value.

Initiating friendship di-

vorce proceedings does not make you a bad person. And it certainly does not mean that your soon-to-bedivorced friend is a bad person But if you find yourself spending time with someone who is toxic to your well-being and the time that you spend together exhausts more than it buovs. it's probably an act of kindness to you both to cut them loose.

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.

Views

Changing attitudes about disabilities



Like many, I thought I knew "the facts" about disability - almost two million people in Ontario have a disability and the number will grow over the next 20 years as the population ages.

And I was aware of the legal obligations of employers and principles of inclusion. But it was only recently, during a speech by Ontario Lt.-Gov. David Onley that I suddenly saw the implica-

He was one of the first visibly disabled people on Toronto television when Moses Znaimer, the pioneering founder of Citytv, put him on air more than 20 years ago. My "aha" moment came when he noted that people with disabilities comprise 15.5 per cent of Ontario's population, but when their immediate family members are taken into account the figure jumps to

almost 55 per cent. In other words, people with disabilities and their families are actually the majority of consumers, the majority of workers. I suddenly realized the 2005 Accessibility for Ontarians with Disabilities Act is not about "them," but about all of

Onley also noted that at the height of the recession, "massive" unemployment was at 27 per cent. Among disabled Ontario workers it is more than 57 per cent. Indeed, the 2009 Federal Disability Report shows that while employment among working-age Canadians with disabilities rose four percentage points from 2001-06, the wage gap is still immense, with many living below the poverty

Ontario was the first jurisdiction in Canada to develop, implement and enforce accessibility mandatory standards in both the private and public sectors. Organizations are currently scrambling to implement the customer service standards and the province is developing standards for built structures, for employment, for information and communications and for public transportation.

Onley reminded us of the barriers that stop people with disabilities from doing the kinds of things most of us take for granted.

While some disabilities are visible, many are not. Attitudes to "invisible" disabilities — mental health issues in particular — are a huge impediment to people even identifying their challenges or need for support. The law is without question an important tool — prod-ding employers and public institutions to undertake changes within a set timetable.

But changing attitudes is also fundamental. By encouraging us to "see" in a different way, Onley is pushing the envelope. Inclusive environments mean more than curb cuts and automatic doors.

Wendy Cukier is the associate dean of ne Ted Rogers School of Management a Ryerson University, and the founder of Ryerson's Diversity Institute.



Tell us your views by email to ottawaletters@metronews.ca or comment on metronews.ca or on Twitter @metroottawa

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Le Collège des meilleures pratiques

Bailout recovery plan expected

A senior administration official says U.S. President Barack Obama is ready to announce an administration plan to recover Wall Street bailout shortfalls. THE ASSOCIATED PRESS

Business

Google talks pullout

Threat to China a rare display of defiance

Google's threat to pull out of China over censorship is a rare display of defiance in a system where foreign companies have long accepted intrusive controls to gain access to a huge and growing market.

Dismayed bv prospect of a China without Google, visitors left flowers at its Beijing headquarters yesterday as websites buzzed with words of support and appeals to

"I felt it's a pity and hope it will not withdraw from the Chinese market," said a man who left flowers at the building in the hightech Haidian district and would give only his surname, Chang. "Google Chang. played a key role in the growth of our generation.

Criticism

 Web companies have endured criticism for co-operating with a communist system that tightly controls information. Google Inc., Yahoo Inc., Microsoft Corp. and others have acceded to pressure to block access to politically sensitive material.

The control (of the Internet) is excessive.'

In industries from automaking to fast food, companies have been forced to allow communist authorities to influence and sometimes dictate — their choice of local partners, where to operate and what products to sell.

"The Internet is like media, and the media are under tight government control, so that poses additional challenges for foreign Internet companies compared with, say, manufacturers of TV sets, mobile phones or autos," said Edward Yu, president of Analysys International, an Internet research firm in

Google's decision to talk publicly was rare in a system where Chinese officials react angrily to criticism. Officials have regulatory discretion and companies avoid saying anything that might prompt retalia-

China's foreign ministry and Ministry of Industry and Information Technology did not respond to requests for comment.

THE ASSOCIATED PRESS

Sudbury, Ont. Grim predicament



A protester dressed as a grim reaper leads a march in support of striking members of the United Steelworkers local 6500 and supporters in Sudbury, Ont., yesterday to mark the sixth month of their strike against Vale Inco. About 3,200 union members have been on strike since July 13.

m.metrenews.ca



The U.S. recovery is spreading, but why aren't jobs being created? Scan this code for the full story.

Business in brief

DEFICIT The federal government will face a big structural deficit in the coming years that can only be overcome by taking dramatic action, Canada's parliamentary budget officer said yesterday.

THE CANADIAN PRESS

COURTS A U.S. federal appeals court in New York has revived a lawsuit that accuses major record labels controlling 80 per cent of U.S. digital music sales of scheming to charge high prices.

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10

CFL commissioner Mark Cohon says the league will take no additional disciplinary action against Eric Tillman in the wake of the former Saskatchewan GM's guilty plea on a charge of sexual assault. Tillman was given an absolute discharge last week by a Regina judge. THE CANADIAN PRESS

Sports



Top NBA pick gone for season

The Los Angeles Clippers say Blake Griffin will have surgery on his broken left kneecap, ending the No. 1 draft pick's season before it even began. An examination Tuesday revealed his recovery wasn't progressing properly, the Clippers announced yesterday in a statement. Griffin hasn't played yet for the Clippers after injuring his kneecap in their final pre-season game Oct. 23. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Alfredsson nearing return

Help could soon be on the way for the Senators in the form of captain Daniel Alfredsson and it can't come soon enough for the slumping team.

Alfredsson, who hasn't played since suffering a separated left shoulder during a Dec. 23 loss the Pittsburgh Penguins, is skating on his own while the Senators are on the road and he's expecting to meet up with them Friday in Montreal.

Although he thinks Saturday's game against the Canadiens may come too early, Monday's matinee in Boston — the finale of the five-game trip — could see his return.

"We'll start trying to get a little more contact the next few days and see how it responds," Alfredsson said yesterday morning after an on-ice workout. "That's the one thing we haven't tested and it's the big test and going to determine when I'll be ready to play."

Alfredsson, who has 31 points in 37 games with the Senators to rank second on the team in scoring despite his time on the sidelines, was hurt on a crunching hit



Ottawa's Daniel Alfredsson warms up before playing against the New Jersey Devils on Nov. 25, 2009 in Newark, N.J.

Goalie coach out

• The Ottawa Senators fired goaltending coach Eli Wilson yesterday. "We felt that the goaltenders weren't where we thought they were going to be and where they have shown they can be," Senators general manager Bryan Murray said in a release.

by Penguins forward Craig

Since then, the Senators have taken several other hits — on the scoreboard and on the injury list.

They've won just four of their 10 games and are currently mired in a five-game losing streak going into Thursday night's game against the New York Rangers.

Since losing Alfredsson, No. 1 centre Jason Spezza has also gone down with a knee injury, left-winger Milan Michalek, the team's leading goal-getter with 16, is out with a suspected concussion, and centre Jesse Winchester (knee) and defenceman Filip Kuba (wrist) are also on the shelf.

THE CANADIAN PRES

NHL fines Burrows, says his claims 'cannot be substantiated'

National Hockey League disciplinarian Colin

Campbell has officially slapped Alex Burrows with \$2,500 US fine while disputing the Canuck winger's claim referee Stephane Auger targeted him with penalties.

"We have determined that Mr. Bur- Alex Burrows rows' account of ref-

eree Auger's comments to him before the game, and specifically Burrows' suggestion that these comments indicated bias against the player or the Vancouver team, cannot be substantiated," said Campbell in a statement yesterday.

Burrows's said Monday that Auger told him during the pre-game warmup he was going to "get me back" for an incident during Vancouver's Dec. 8 game against Nashville. Predators forward Jerred Smithson received a major and game misconduct

penalty for charging Burrows in that game, but the call was later overturned by the league because it said Burrows took a dive.

"While referee Auger engaged the player in a brief conversation prior

to the opening face-off, I firmly believe that nothing inappropriate was said and that referee Auger's intentions were beyond reproach," added Campbell.

During the third period of Vancouver's 3-2 loss to Nashville on Monday night, Auger assessed Burrows minor penalties for diving, interference and unsportsmanlike conduct

THE CANADIAN PRESS

SCOREBOARD

NHL YESTERDAY'S RESULTS

Minnesota 5 Vancouver 2 Washington 5 Florida 4 (SO) Pittsburgh at Calgary Boston at Anaheim

NBA YESTERDAY'S RESULTS

Atlanta 94 Washington 82 Boston 111 New Jersey 87 Indiana 122 Phoenix 114 New York 93 Philadelphia 92 New Orleans 108 L.A. Clippers 94 San Antonio 109 Oklahoma City 108 (OT) L.A. Lakers 100 Dallas 95 Minnesota at Houston Orlando at Denver Milwaukee at Portland

NFL PLAYOFFS

SATURDAY'S GAMES
NFC - Arizona at New Orleans, 4:30 p.m
AFC - Baltimore at Indianapolis, 8:15 p.
SUNDAY'S GAMES

NFC - Dallas at Minnesota, 1 p.m. AFC - N.Y. Jets at San Diego, 4:40 p.m.



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Barcelona seeks Winter Games

Former Summer Olympic host city Barcelona wants to bid for the 2022 Winter Games. Mayor Jordi Hereu made the announcement yesterday saying that "the city of Barcelona wants to live the Olympic dream." Barcelona previously hosted the 1992 Summer Games. THE ASSOCIATED PRESS



Vancouver Games

EDITOR: DON MCHOULL@METRONEWS CA

Chan moves on without coach

SKATING There was something missing yesterday as Patrick Chan took to the practice ice at the John

Labatt Centre.

The 19-year-old Chan competes for the first time without coach Don Laws behind the boards at this week's Canadian figure skating championships. Laws announced he was quitting as the Canadian star's coach last week, just a month out from the Vancouver Olympics in a move Chan said he never saw coming.

"Of course it was a surprise, but surprises are what keeps life exciting, I guess, right?" Chan said after his practice session.

"I'm still going to move on. I'm not, like, devastated — you can only move on."

can only move on." Chan goes into the championships,

which also determine Canada's Olympic team, as the two-time defending champion, but he's coming off his share of struggles, including a torn calf muscle that set him back several weeks in

the fall.
Then came Laws' unexpected departure last week.
The 80-year-old coach said he was resigning because he was based in Florida, and Chan had been spending most of his time training in Colorado Springs, with technical specialist Christy Krall.

THE CANADIAN PRESS

Make or break time

Hudec's Olympic hopes may hinge on performance this week

Jan Hudec's dream is a top-12 finish in Saturday's World Cup downhill race in Wengen, Switzerland, a result that would guarantee him a spot on the Canadian Olympic ski team.

Realistically, Hudec just hopes he skis well enough to prove to the coaching staff he still deserves to compete next month in Whistler, B.C.

The Calgary resident underwent his fifth knee surgery last winter and has spent this season trying to regain his form. He needs one more top 12 finish to meet Alpine Canada's criteria for an Olympic team berth but could also be a coach's discretionary pick



Jan Hudec competes in the Audi FIS Alpine Ski World Cup Men's SuperG on Nov. 29, 2009 in Lake Louise, Alta. Hudec can guarantee an Olympic spot with a top-12 finish in a World Cup race Saturday.

if he doesn't meet the standard. "It's my last chance be-

"It's my last chance before the Olympics to really get my old self back and show I can ski as fast as these other guys," a subdued Hudec said in a telephone interview from the team hotel. "I know I can, (but) it's one thing saying it and another thing to actually do it.

"Trying to find that con-

fidence, to push it when it gets scary or bumpy or whatever, that for me is what this race is all about. I feel like it's one of my last chances to do that."

THE CANADIAN PRESS

EMERGENCY - CHILDREN IN CRISIS

Earthquake leaves Haiti in ruins

The largest earthquake in the last 100 years hit Haiti this week. UNICEF field staff are on the ground and desperately need the resources to help save the tens of thousands of children who are injured, thirsty, and separated from their families.

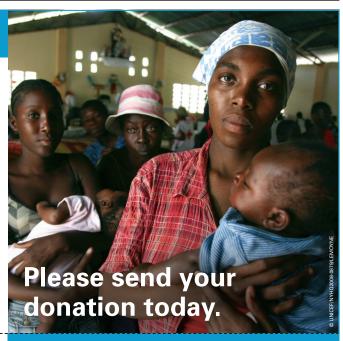
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Homes in Style

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A new decade generates the urge to renew, refresh and redecorate.

With the 2010 Vancouver Winter Olympics coming up, why not wear your Canadian pride on your sleeve or better yet, show it off in your home.

"We're paying a lot more attention to Canadian design as a look," says Meg Crossley, senior editor of Canadian House & Home magazine. "Quilts and big rustic wooden bowls that give warmth and look natural is a good way to get Canadiana into your decor. We definitely see a lot of birch ... Get fallen-down birch branches and stick them in the corner of a room, or in a vase to give a rustic look."

Create a contrast in your home by treating a room to a kitschy Canuck feel. Place a warm made-in-Canada furniture among deer and moose knickknacks to mimic the feel of a cottage. Add more true patriot land by mixing in an intriguing Inukshuk statue or colorful dream catcher to elicit a Native ambience.

But Crossley, small-town Ontario born and raised, warns against going Canuck crazy: "You don't want to go so over the top so it looks like a theme park."





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Celebrity designer Jimmy Choo is collaborating with Ugg Australia, according to the UK Telegraph. There will be five different styles in multiple colour variations, which will be sold only at Jimmy Choo and Ugg Australia store. METRO NEWS SERVICES



Williamson dresses men

Matthew Williamson is venturing into menswear. The British designer — who dresses the likes of actress Sienna Miller — is heading into the world of men's clothes following on from a successful collection with high street store H&M. The clothes, which will be unveiled for spring/summer 2010, will be expanded seasonally and will be available at London's Harrods department store and Matthew Williamson shops. FEMALEFIRST.CO. FEMALEFIRST.CO.UK

Ice-inspired ensembles

Designer Vera Wang weighs in on figure skating costumes of Olympics past:



 Nancy Kerrigan wore a neon yellow dress with a pale-pink beaded bustline at the 1994 games in Lillehammer, Norway — and it was one of Wang's favourites.



• The midnight-sky blue combo that Arakawa of Japan wore in Turin in 2006 "isn't my taste," says Wang. It's a little too showy, she says.



 Michelle Kwan made a "autsy" move in 1998 in Nagano, Japan, by wearing a periwinkle stretch-velvet dress, says Wang.

THE ASSOCIATED PRESS

Gold medal-worthy outfits

Vera Wang discusses the good, the bad and the ugly on the rink

Designer Vera Wang knows the ins and outs of competitive figure skating outfits because at one time, she wore them. As a child, Wang had vi-

sions of Olympic gold when she did all those early morning workouts at the rink and travelled to countless competitions, including the annual national championships in 1968. But she didn't make

someone to lose Olympic gold because their sleeve ripped off," Wang says.

considerations: Other The outfit has to sparkle like eveningwear but func-



wind generated by skaters' speed; and it must be show-stopping from every angle, unlike a Hollywoodstarlet gown that is usually photographed straight from the front or back.

"This is more pressure than an Oscar dress in a strange way," she says.

The

costume

also has to complement the mu-"I have to have the music for a skating costume," she says, "and that's not the way I normally work."

Wang, who has a spot in the U.S. Figure Skating Hall of Fame thanks to her costumes, shares some thoughts on some outfits from Olympics past (see sidebar at left for more examples):

· Irina Slutskaya of Russia might have been trying to channel Hamill in her glittery, red dress in Turin, Italy, but Wang says only the dark, short hair captured the former gold medallist's spirit. Slutskava's iewels are more traditional for a later genera-

gold medalist Joannie Rochette's figure skating outfit (worn at the Skate Canada International figure skating competition last year) seems to fit Wang's checklist of what makes a skating outfit successful: Sparkles like eveningwear but functions like workout gear, stands up to wind and is show-stopping from every angle.

tion than Hamill, who favoured outfits that were sleeker and understated.

• Italian Carolina Kostner wore a snowflake-covered outfit in 2006 that employed the sheer-illusion look that Wang likes for the ice. "She has a more womanly, mature style but this outfit brings her youth and whimsy," Wang says.

• American Sasha Cohen

is a chameleon when it comes to her costumes, the designer says. "You never know what Sasha is up to. ... One minute she's Car-

men, the next minute she's Gisele." Wang says Cohen was probably intimately involved in the creation of the ombre-blue dress covered with sequins worn in Salt Lake City in 2002 — she is for all her outfits. Even better than the blue one, Wang says, was the red number with a sunburst-yellow hemline. "That dress was very beautiful."

• The metallic trenchcoat — and umbrella propthat Japan's Midori Ito wore in Albertville, France, in 1992 might make more sense if you heard the accompanying music, Wang says. "Was it Singing in the Rain? It must have been.'

THE ASSOCIATED PRESS



Left: Canadian ladies

A shoe in at Banana Republic

"Y011

wouldn't

NEW COLLECTION The list of tempting offerings at Banana Republic just keeps continuing to grow!

Now the chic retailer, known for its tailored women's and men's business and casual wear, is selling shoes at select Canadian stores.

In Ontario, you can find them at 80 Bloor St. W., Eaton Centre and Sherway

Gardens stores in Toronto. The spring 2010 line will feature pumps, ballet flats and boots for women as well a ranging in from well as men's shoes, all

\$89 to \$250. METRO NEWS SERVICE

> Peep toe shoe, \$120.



PAUL CHIASSON/THE CANADIAN PRESS

In **brief**

BUSINESS Canadian high-end retailer Holt Renfrew & Co. Ltd. says it has appointed Mark Derbyshire, 40, former vice-president of human resources at the company, as its new president. Derbyshire will replace outgoing president and CEO Caryn Lerner, who will continue working with Holt Renfrew's parent organization, Wittington Fashion Retail Group, as an independent consultant.

THE CANADIAN PRESS



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14

Mad Men, True Blood among GLAAD media nominees

Mad Men, True Blood and the comedy Modern Family, along with singers Lady Gaga and Adam Lambert, are among the Gay & Lesbian Alliance Against Defamation nominees for its 21st annual Media Awards. PEOPLE.COM

Entertainment

Adams Award

Bryan Adams will receive the 2010 n Waters Humanitarian Award at this year's Junos. The Award recognizes an outstanding Canadian artist whose humanitarian contri**butions.** METRO NEWS SERVICES

CLASSIC; @@@@ EXCELLENT; @@@ GOOD; @@ FAIR; @ POOR

Pallett's new fantasy

Final Fantasy

Album: Heartland Label: Domino Rating: @@@@

AMBITIOUS **ORCHESTRAL** pop from the Torontobased violinist formerly



known as Final Fantasy. Owen Pallett raised a lot of eyebrows in 2006 when his He Poos Clouds won the inaugural Polaris Prize for top album in Canada. chamber pieces weren't exactly accessible, even by indie rock standards. This time around Pallett sets his artistic sights even higher, composing a 12-track narrative focusing on a farmer named Lewis and the fictional world of Spectrum. It would be easy to write much of this off as a load of pretentious cow dung. but the way in which the patterned electronica melds with the tapping percussion and the soaring Czech Symphony Strings on tracks like Lewis Takes Off His Shirt more than make up for some of the obvious quirks of the project. Somehow, Pallett has combined the density of Brian Wilson production with the mathematical precision of a Phillip Glass soundtrack. When works, it is very good indeed.

Graham Rockingham/for Metro Canada



Owen Pallett sets his artistic sights high on Heartland

Vampire Weekend

Album: Contra Label: XL/Beggars Rating: @@@@

REEN TWO years Vamsince Weekend released its debut.



drums and keyboard blips

on opener Horchata, and

once again channel Grace-

land-era Simon on White Sky. Another intriguing effort from these Ivy-league globetrotters.

Bryan Borzykowski/for Metro Canada

OK GO

Album: Of The Blue Colour Of The Sky Label: EMI Rating: @@@1/2

YOU PROBA-KNOW OK GO from that ridiculously popular treadmill



music video, but these guys know how to do more than just make pleasing YouTube clips. This third effort is a quirky, but infectious smorgasbord of crunchy rock, upbeat pop and faux-soul

Album**Reviews**

music@metronews.ca

It's a departure from the - they've generally stayed close to distorted indie pop — and a good one at that. The Prince-like opener WTF will quickly grow on you, while All Is Not Lost's repetitive chorus is soothing. Although the middle section isn't as strong as the top, it's still a forward.

Bryan Borzykowski/for Metro Canada

WoodPigeon

Album: Die Stadt Muzikanten Label: Boompa Rating: 000

THERE'S ANY Canadian band to watch this year it's Calgary's



WoodPigeon. The group's third album in three years is the best yet. Like Grizzly Bear, the band — led by Mark Hamilton — deals in soft, delicate tones and rich, layered tones. There's a lot going on here, Empty-Hall Sing-Along's myriad guitars, driving down-strokes and boy-girl harmonies are gorgeous, and Duck Duck Goose's North Pikes-ish sound is a great road trip tune. While great, the extra bonus disc is worth the CD price alone



"I think there are

even people who

made such funda-

mentally negative

statements about

they would need

gious experience

to give the second

our band, that

ory have inspired the breathless praise or viscer-al vitriol of Vampire Week-

When the band's self-titled debut dropped in 2008, some saw pristine hooks, literate lyrics and a descendant of Paul Simon's Graceland. Detractors saw privileged Ivy League prissiness, boat shoes and pastel sweaters and,

well, a descendant of Paul Simon's Grace-

land. With follow-Contra up which was rethis leased week, the band seemingly still to have like a relistung by the backlash they endured — is n't expecting album a chance." to convert any of their critics.

"There are people who aren't going to give the second album a chance at all," said lead singer Ezra Koenig. "I think there are even people who made such fundamentally negative statements about our band, that they would need to have like a religious experience to give the second album a chance.'

That would be a shame, because Contra shows significant growth over the band's impressive debut.

Mostly recorded at the group's small studio in New York, Contra sounds familiar but brainier, more intricate and more complex than the first album.

It's also more direct, which Koenig says was a goal after he grew frustrated with being misunder-stood. You see, those tales of strolls through the Columbia campus, rolls in the hay on Benetton linen and summers frittered away in Cape Cod were meant with a

satirical bite that was sometimes lost in translation.

"When your lyrics have the tiniest hints of irony or sarcasm or critical thinking, people are going to have such different ideas of what the songs are about," Koenig said.

Where the band's debut occasionally felt clinical, distant, or too-polished by a veneer of cleverness, the

tunes on Con-

tra have at a bit more soul. In fact, the sprightly Taxi even marks the band's first ballad, though Koenig couldresist adding other lavers of meaning to

delicate

would

Ezra Koenig

hope that none of our songs are ever just reducible to plain, old-fashioned love songs, silly love songs," he said.

tune.

The band's fascination with African, South American and Caribbean percussion (do not say "world music," a term Koenig says is "reductive and bizarre") remains, newly augmented by electronic textures and gorgeous vocal harmonies.

What Contra trades in immediacy, it makes up in variety, as elements of dancehall, ska, reggae and punk (sort of) through.

"There are a lot of records that are just ambitious for the sake of being ambitious," Koenig said. "So we'd like to think that anything that we try that is experimental or is different from the first album, we're only doing it to serve the song. So hopefully that balances everything out.'

THE CANADIAN PRESS



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Matthew Broderick has given Hollywood bosses the green light to remake his classic movie Ferris Bueller's Day Off, but doesn't want any involvement in it. Studio chiefs are planning to bring the comedy back to the big screen. FEMALEFIRST.CO.UK



entertainment 15

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2010 movie madness hit list

Wizards, werewolves and warriors, a year of action ahead

Hollywood may find it tough to match 2009's record box-office revenue. but here's a sampling of a dozen movies they hope will get your attention this

JACKSON&THE **OLYMPIANS: THE LIGHTNING** THIEF A teen demigod who is the son of sea god Poseidon, Percy is falsely sus-pected of stealing uncle Zeus' lighting bolt, sending him on a quest to find the true culprit. Directed by Chris Columbus who did the first two Harry Potter flicks,

THE WOLFMAN Benicio Del Toro is the hairy beast in this update of the horror classic, playing a black sheep son who returns to his ancestral home in England after his brother is killed and mutilated by a mysterious beast.

THE LAST SONG Contrary to the title, Miley Cyrus does not sing in her latest movie. It's all part of growing up and easing herself and fans beyond her perky Hannah Montana persona.

Cyrus is a sullen teen who turns down a scholarship to The Juilliard School and wants nothing to do with music, a reaction against her estranged father (Greg Kinnear), a pi-

WALL STREET: MONEY NEVER SLEEPS Is greed still good for Gordon Gekko?

After creating an archetype of the modern robber baron with 1987's Wall director Oliver Stone and Michael Douglas resurrect Gekko in our own messy economic times.

IRON MAN 2 At the end of his first blockbuster about the guy in the gadget-laden metal suit, Robert Downey Jr.'s billionaire genius Tony Stark proclaims to the world, "I am Iron Man." In the sequel, "we see what the ramifications of that announcement from the first film were.' said Jon Favreau, director of the Iron Man films.

SHREK FOREVER AFTER Mike Myers' Shrek meets James Stewart's George Bailey in what's billed as the final big-screen movie about

lovable cartoon ogre.

Like George, Shrek sees what the world would like without him. sneaky wheeler-dealer Rumpelstiltskin cons the ogre into signing away his existence. PRINCE OF PERSIA: THE SANDS OF TIME

The sword-andsorcery saga casts Gyllenhaal as a street urchin adopted into a royal family who discovers a magic dagger of impower, mense the weapon coming in handy after he's falsely accused of wrongdoing and goes on the run. TOY STORY 3 Tom

Hanks' Woody the cowboy, Allen's R1177 Lightyear and their plaything partners face abandonment issues in the latest chapter of franchise that launched the chise computer-ani-

mation age for







THE LAST AIRBENDER Featuring Slumdog Millionaire star Dev Patel, the film is set in a world where four nations once lived in harmony, each possessing powers to manipulate one of the elements - air, water, earth and fire — balance maintained by an "avatar" who can control

who can all elements. rector Christopher Nolan's science-fiction thriller Inception, starring Leonardo Di-Caprio, opens in the same summer slot as his Batman

blockbuster did in 2008. DiCaprio plays a new kind of corporate raider — a man who uses technology to steal into people's minds and swipe ideas and information that he can sell.

HARRY POTTER AND THE DEATHLY HAL-LOWS - PART 1 The wizard's young next trick: Sawing his final adventure in half and presenting it as a two-parter. Deathly Hallows sends Harry (Daniel Radcliffe) and pals Hermione (Emma Watson) and Ron (Rupert Grint) in search of the

mystical Horcruxes which they must destroy to pull the plug on evil Voldemort (Ralph ennes).

Conan's future is still unclear

LATE-NIGHT TV Tonight Show host Conan O'Brien saved his best material this week for his statement that said he wouldn't play ball with NBC's plan to make room for Jay Leno to come back to late night.

By the time O'Brien arrived on stage Tuesday night for his Tonight Show monologue, his remarks about the scheduling debacle took the form of a

few swipes at NBC. "When I was a little boy, I remember watching The Tonight Show With Johnny Carson' and thinking, 'Someday, I'm going to host that show for seven months," cracked O'Brien, who took over Tonight from Leno last June. "Welcome to NBC, he added, "where our new slogan is, 'No longer just screwing up prime time.'"

Leno, of course, has been starring weeknights at 10 p.m. EST in a littlewatched show that NBC announced earlier this week will be cancelled.

"As I'm sure you know," Leno told viewers Tuesday in his own monologue, "NBC announced they are pulling the plug on this show Feb. 12. Here's the amazing part: That is the exact date that the Mayan calendar predicted we would go off the air.'

While Leno's return to 11:35 p.m. EST seemed definite, O'Brien's future with the network was anything but clear-cut, after he released his statement earlier in the day that abruptly derailed NBC's rush to put its late-night house in order.

THE ASSOCIATED PRESS

If you treat your boss to a better cup of coffee are you still late?

Use the coupon above to find out.



Jack Bauer reluctantly stopping global destruction, again

TELEVISION Jack Bauer was in a coma at the end of last season's 24, resigned to the death he had cheated countless times before.

Now, as a new day (and eighth season) starts for the round-the-clock Fox thriller, Bauer is nudged awake.

But it's a couple of years later, just after 4 p.m., and Jack has been comfortably dozing on a sofa while he babysits his little granddaughter, who's poking him to get his attention.

Today, life seems peachy for Jack. His doctors have declared a success his risky treatment for bioweapon infection that had put him at death's door - surgery ordered against his will by daughter Kim in last season's closing moments.

Now Jack (series star Kiefer Sutherland) looks happy, healthy and almost relaxed. He's content to play the dedicated granddad and rededicate himself to his once-fractious relationship with Kim. He plans to take a job with a private security firm, and say goodbye to saving the



Keiffer Sutherland

world with his counterterrorism derring-do.

Hope springs eternal,

even for lack. But there are 24 looming hours in the day this new 24 season will span (with the first four episodes airing Sunday at 9 p.m. and Monday at 8 p.m. EST). And despite his insistence that, "I'm out, I don't work for the government anymore," by 4:22 p.m. on the 24 clock, Jack is pressed back into serv-

ice.

Maybe he shouldn't have answered that knock at the door.

(Caution: Possible spoilers lie ahead.)

Within the hour, Jack is

escorting wounded would-be informant and trading gunfire on a downtown Manhattan street.

By 6:25 p.m., he's getting his first severe beating. The fact that just a few scenes later he displays not so much as a bruise doesn't make him any happier to be back in the game.

"I hate this place," he says as he gazes around the headquarters of the Counter-Terrorist Unit.

Unfolding in New York after past seasons set in Washington and Los Angeles, 24 initially sticks Jack with saving the life of Omar Hassan, president of the Islamic republic of Kamistan. Hassan (Anil Kapoor, Slumdog Millionaire) is in town for nuclear disarmament talks with U.S. President Allison Taylor (returning Emmy-winner Cherry Jones).

But evil forces are trying to derail this Mideast peace accord.

But despite all the effort expended on action and intrigue, 24 remains heavily character-driven.

THE ASSOCIATED PRESS

16 entertainment

Watch and taste as Chefs Peet and Ellen Harris, owners of Second Avenue Sweets, work with doughs next Tuesday at the LCBO on Rideau Street from 6 p.m. to 8 p.m. \$50/person. lcbo.com METRO NEWS SERVICES

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Rating: @@@½ Dinner & drinks for 2: \$70

The buzz from the diners at Black Dog Bistro is goodhumoured in this inti-mate, charming old house

I'm a sucker for mush-room soup, and luckily the soup special was made with earthy and pleasant Portobello (\$5). It was served with a crust of baguette on the side for soaking what you'd like to lick off the bottom of the bowl at the end. One of the best appetizers was the Chicken Brie Flatbread (\$13), a meal in its own right. A layer of flatbread, spread with gar-

On the web

 Get recipes and more great food content at metronews.ca/recipes

licky pesto, caramelized onions, sautéed Portobello mushrooms and hunks of melted brie. It was memorable.

I ordered the Black Dog Chicken (\$24) which sounded promising with its Brandy truffle cream sauce. but it was ho-hum, shy of taste without the bones or crispy skin. My partner was swayed by a neighbouring table who were raving about the Day's Special Striploin with Caramelized Onions and Blue Cheese Sauce (\$24). The medium steak was executed perfectly and paired well with the slightly sweet and pungent sauce.

Black Dog likes chocolate: Five of the six dessert offerings included it in their ingredient list. We

Striploin with Caramelized Onions and Blue Cheese Sauce (\$24)

shared a Chocolate Pecan Tart (\$6) that arrived at our table microwaved to a point well past warm and

closer to scalding. After letting it cool, we enjoyed its buttery, crunchy, chocolate goodness.

Global Peasant blog online

- Diane Thompson is always in hot pursuit of something good to eat. Share her enthusiasm for food as she travels and experiments with a new recipe every week in her Global Peasant blog. In it. she explores a variety of culinary interests accompanied by mouthwatering images.
- Check out metronews.ca/ globalpeasant to explore Vietnamese cuisine.



Dining out

TASTE OF JAPAN

Genji creates Japanese delicacies, from sushi and sashimi to tempura and teriyaki. 175 Lisgar St. (613) 236-2880

Enjoy a rural eatery in the heart of the Ottawa Valley. less than an hour west of Ottawa. The menu at Castlegarth changes every day and uses fresh organic

vegetables. 90 Burnstown Rd. White Lake, (613) 623-

CHEE CHALLENGE

Be a judge at Juniper's Dueling Chef Challenge this Monday at Allium from 6:30 p.m. to 9 p.m., \$135/person. A competition will take place every Monday until March 15 at participating local restaurants.

In **brief**

CLASSES Learn sausage making on Monday at The Urban Element from 6 p.m. to 9 p.m. \$135/person. For more information about lessons, visit theurbanelement.ca.

Correction

The photo in last week's Urban Foodie review was misidentified. The dish was a Croque Monsieur.

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- Au moins 3 airs d'experience en supervision
 Posséder une expérience de travail dans des établissements hôtelliers
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SUPERVISEUR(E) DE L'ENTRETIEN MÉNAGER re entre 15,00 et 18,00

- Superviser les employés de l'entretien ménager S'assurer du respect des standards de qualité de l'hôtel Faire l'inspection des chambres et des aires publiques de l'hôtel
- Effectuer certaines tâches administratives
- Expérience en supervision de personnel
 Expérience hôtellière en entretien ménager

PRÉPOSÉ(E) AUX CHAMBRES - SALAIRE DE 13,89\$/H

- Faire les lits et remplacer les fournitures
- Épousseter les meubles et accessoires des chambres Vider les poubelles
 Passer l'aspirateur
- Laver les salles de bain

- Porter une attention particulière aux standards de qualité de l'hôtel
 Expérience comme préposé(e) aux chambres ou en entretien ménager
 Disponibilité de jour en semaine et obligatoire les fins de semaine
- Nombre d'heure de travail par semaine varie selon l'occupation de l'hôtel

ÉQUIPIER(ÈRE) – Salaire de 15,00\$/h

- Nettoyer les aires publiques de l'hôtel (couloirs, salle de réception, lobby)
- Passer la vadrouille et l'aspirateur.
- Nettoyer les salles de bain publiques
 Effectuer le nettoyage des portes vitrées et des portes d'ascenseurs
- Épousseter les accessoires
- Epousseter les accessoires
 Apporter son aide aux préposé(e)s aux chambres lorsque nécessaire
 Expérience comme équipier(ère) ou en entretien ménager
 Disponibilité de jour, de soir, de nuit et de fin de semaine
- Nombre d'heure de travail par semaine varie selon l'occupation de l'hôtel

UNE JOURNÉE PORTE OUVERTE SE TIENDRA À L'HÔTEL MÊME QUI EST SITUÉ AU 3 BOUL. DU CASINO À GATINEAU VENDREDI LE 15 JANVIER 2010 DE 10H00 À 16H00 À LA SALLE SALON LES JARDINS. VENEZ DONC NOUS Y RENCONTRER EN GRAND NOMBRE POUR UNE ENTREVUE SUR PLACE.

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Celebrity Buzz

Celeb**Tweets**

Jim Carrey gets philosophical, Katy Perry is having pet issues,

Paula Abdul wants to get to know you, and Jordan Knight has some bad habits to kick.

@JimCarrey R we the consumers or R we the consumed?

@katyperry Kitty, stop hissing at your new boyfriend! Hmmm maybe she's not into dudes!!!!

@PaulaAbdul I feel like you know a bunch about me and I wish I knew you all better. Thank goodness for twitter! @jordanknight I really need



Rodriguez and his ladies, new and 'old'

NOT SURE YOU CAN BRAG ABOUT THAT ONE Allex Rodriguez has apparently moved on from ex Kate Hudson and is spending time in South Beach, Fla., with a new blonde named Elaine Spottswood, but he's still hearing from another ex, according to New York magazine.

"Alex and Elaine are seeing a lot of each other and work out together nearly every day. But their relationship is by no



Poof! No charges!

LEGAL After a two-year investigation, federal prosecutors have dropped a case against magician David Copperfield over claims that he held a former beauty queen captive and sexually assaulted her on his private island in the Bahamas, according to



All alone on a mountainside

BETTER NOT TOGETHER While Jessica Biel has been climbing Mt. Kilimanjaro to draw attention to the global water crisis, one thing she hasn't been drawing attention to is that she and Justin Timberlake are very much broken up, according to Hollyscoop.

Timberlake had previously told GQ magazine that he was going with Biel up the mountain, but isn't

part of the trip.

And he's been keeping a low profile since Biel left, though sources say he was spotted this week relaxing in Jackson

Hole, Wy.

METRO

WORLD

NEWS

Won't you be my neighbour?

WOODS WON'T BE BORROWING ANY SUGAR While they
may not be living together
following his cheating
scandal, Tiger Woods and
Elin Nordegren are staying close. The Swedish
former model is reportelly staying in a

room mansion three miles from Woods' home in Windemere, Fla., according to the New York Daily News. The \$2.65-million US home is owned by Baltimore Ravens player Derrick Mason and is for sale property



'The best (plastic) me'

MY BODY'S NOBODY'S BODY BUT MINE ... AND MY SUR-GEON'S At just 23 years old, The Hills star Heidi Montag decided to go under the knife for a second time and have a staggering 10 plastic-surgery procedures in one day, people.com is reports.

"For the past three years, I've thought about what to have done," the reality star tells People.

"I'm beyond obsessed." And so, on Nov. 20, Montag's total transformation began.

Keeping even her family in the dark, the starlet chronicled every painful moment of recovery and her journey to become "the best me."

What surgeries Montag, who is married to Spencer Pratt, had have not been revealed, however they reportedly include breast augmentation, chin reduction and a nose job.

METRO NEWS SERVICES



And then there was one

HE MUST BE SO LONELY Two of Hugh Hefner's three girlfriends — 20-year-old twins Kristina and Karissa Shannon — are moving out of the mansion, usmagazine.com reports.

The Playboy founder, 83, tells E! News that his relationship with girlfriend Crystal Harris, 23, has been getting "more serious" and that the twins have expressed a lot of in-

terest in doing more Playmate-related promotional work for the company. So they're moving into the neighbouring Playmate House.

"They've been hanging out with a lot of the other Playmates and they see these girls traveling across the country to do promotion," he says.

"They would like to be doing that, too.

The move — which Hefner stressed will not affect their E! Show Girls

Next Door — will take place within the next couple of weeks.

METRO NEWS SERVICES

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critics'corner—

The Borde

Work hits close to home for Kessler (James McGowan) in this new episode when his exwife's lover gets on the wrong side of a Mexican drug cartel with murderous intentions. Graham Abbey, Nigel Bennett, Daisy Beaumont, Jonas Chernick and Grace Park also star in "Refuge." 9 PM on 8 CBC



The Nature of Things
It's called "A Murder of Crows,"
but no birds are slain in this
episode. It's a fascinating
look at the ubiquitious black
bird that may be one of the
smartest winged creatures
on the planet. Biologist John
Marzluff presents his research
that found crows can actually recognize human faces.
One crow species even uses
tools — making hooks out of
branches to grab bugs. 8 PM
on 8 CBC

18 entertainment





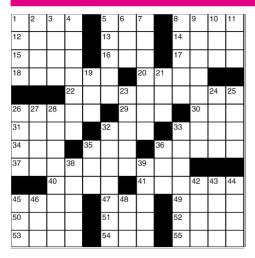






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Take Five



Sudoku For more/less challenging Sudoku puzzles, visit i

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

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"Deal or No

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PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

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23 Business bigwig 24 Microwave. e.g. 25 Egg container? 26 Harmonization 27 Get better 28 Shame 32 Birders

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9 8 7

SALLY JONES SINKS!
(along with just about everyone els

3 8 9

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Metro Recipe of the Day



For more delicious Metro recipes, visit: metronews.ca/food

Balti Green Pepper Chicken & **Basmati Rice**

Submitted by: Diana Dhaliwal, Winnipeg, MN

INGREDIENTS:

1 Cup of basmati rice 2 Cup water 1 Teaspoon cumin seeds 1/2 Teaspoon salt 2 green peppers (can use yellow, orange, or red) 2 chicken breast

3 Tablespoon olive oil 2 Tablespoon patak's balti paste

4 sprigs of parsley

METHOD:

1. Using a microwave safe bowl with a lid, put in 1 cup of Basmati rice, 2 cups water, 1 teaspoon cumin seeds and 1/2 teaspoon salt. Put in microwave with the lid slightly open to allow the release of steam for 12 minutes on high. (Rice can also be cooked on the stove according to directions on package.)

2. While the rice is cooking, wash and slice peppers and cut chicken breast into pieces about 1 inch by 1/4 inch. 3. Poor olive oil into large frying pan and stir fry the

peppers and chicken until nearly done (a few minutes). Then add 1-2 tablespoons Patak's Balti paste and mix with a little water if necessary. Cook the food on low to meld the flavours. Take out the microwave rice when done and fluff the rice and seeds around with a fork. Put rice in bowels and serve Balti Green Pepper Chicken on top. Garnish

SERVES 2-4 PREP TIME: 5 MINUTES COOK TIME: 15 MINUTES

with parsley.



20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at 20minute supperclub.com

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20 If you want a better tomorrow

you are going to have to sacrifice something today. Cut out of your life anything that no longer serves a useful purpose.

SEPT 23-OCT 23

You need to be aware that not everyone has your interests at heart or wants to see you succeed.

TAURUS

APRIL 21-MAY 21

Inevitably, you will come into conflict with authority figures today, but principle always beats power in the long-term.

SCORPIO

OCT 24-NOV 22
You want things done your way and if they are not done your way there will be trouble with a capital T.

GEMINI

MAY 22-JUNE 21

On the web

DOW JONES SOARS!

elessness

Tomorrow's solar eclipse could make you rather emotional and you would be wise to resist the urge to say things that might annoy employers

SAGITTARIUS

NOV 23-DEC 21 You don't change often but when you do you go all the way and tomorrow's eclipse will inspire you to push the bound-

aries like never before.

CANCER

JUNE 22-JULY 22

The next move you make could be the most important you have made for many months, so take your time and think before you act.

CAPRICORN

The next two or three days promise to be extra special, so dream freely, plan extensively and act as if you cannot possibly fail - and you won't.

LEO JULY 23-AUG 23

There are major changes taking place in your world. Disrup-

tion is inevitable but despair is always optional. Keep smiling.

AQUARIUS JAN 21-FEB 18 You need to reconcile the op-

posing forces in your life and bring them together into some sort of balance so you are not constantly being pulled away.

VIRGO AUG 24-SEPT 22

Others may pour cold water on your aims but only because

they are jealous that you are so ambitious and fear that you will eclipse them.

FEB 19-MARCH 20

Something will happen today,

tomorrow or over the weekend that has a profound effect on your beliefs and opinions.

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This day in history

1943 - Second World War: Franklin D. Roosevelt becomes the first President of the United States to travel via airplane while in office when he travels from Miami, Fla., to Morocco to meet with Winston Churchill.

1952 – NBC's long-running morning news program Today debuts, with host Dave Garroway.

1999 - Toronto, Ont., Mayor Mel Lastman becomes the first mayor in Canada to call in the Army to help with emergency medical evacuations and snow removal after more than one meter of snow paralyzes the city.

METRO NEWS SERVICES



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Barrhaven, Near Walmart(6	513)	843-1333
Renfrew. 108 Raglan St. S(6	513).	432-4488
Kemptville, Kemptville Mall(6	513)	258-2700
Hull, 101-295 St-Joseph Blvd(8	319)	771-2222
Gatineau, Promenades de l'Outaouais (8	319)	246-2222
Cornwall Square, 2nd floor / Charms (6	2 [3)	930-2222
Brockville, 358 Stewart Blvd / Swiss Chalet (6) [설)	345-1119
Kingston, Cataragui Centre / 2nd floor The Bay (6) <u>ا</u> کا ک	546-4444
Belleville, Bell Tower Plaza(3/5/	967-0000
Oakville, 261 Oak Walk Dr near Walmart (70 5)	237-0991

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